

## Suggested Aides for Emotional Healing and Spiritual Growth:

By Philip M. Sutton, Ph.D.

1. *Lectio Divina*/Pray and Personalize Scripture.

2. *Prayer breathing: The Relaxation Response plus the 'Faith Factor'*

Herbert Benson, M.D. *Beyond the Relaxation Response; Timeless Healing*).

Peter Kreeft. *Prayer for Beginners*. San Francisco: Ignatius, 2000. (Cf. Chapter 9: "Jesus"- *The Shortest, Simplest and Most Powerful Prayer in the World.*)

3. Meditation and Relaxation Audiotapes ([www.conradbaars.com](http://www.conradbaars.com)), also Mood Music/Natural Sounds. (e.g., *Affirmation & Psychic Incarnation: For Emotionally & Spiritually Troubled People*; *Speak Lord - An Aid to Meditation/Be Still - An Aid to Contemplation* (Scripture); *Fear is Useless - What is Needed is Trust/Don't Look at the Waves - Look at Jesus*).

4. Count (list) our blessings; intentional gratitude.

5. *Journal* to self or the Lord- feelings, blessings, hopes, disappointments, etc.

*Write letters*- not intended to be sent- directly to the object of one's feelings- s/he about whom one thinks/feels/imagines distressing experiences- including the Lord!

6. Sacraments- Reconciliation: especially the 1<sup>st</sup> and 8<sup>th</sup> Commandments!

7. Experience Natural and Artistic Beauty.

8. Stress, Thought and Mood Management- If needed, with Counseling, Medicine:

\*\*\*David Burns, M.D. *The Feeling Good Handbook* (NY: Plume, 1999).

Robert Enright, *Forgiveness is a Choice* (Washington: APA, 2001).

9. Seek or Maintain Physical Health: Balance in Diet, Sleep, Exercise.

10. Spiritual and Self-Help Reading (Sip, Savor, Pray Over; Feed the "Heart" not just the "Head"!) \*\*\*E.G., Baars, *Feeling & Healing Your Emotions*, Cf. Chapter 7.

11. Share feelings with mature, discrete, "safe" friends, mentors, spirit. directors.

12. Enjoy just *being* with others, e.g., children, friends, etc.

13. Everyone needs a *Paul*, a *Barnabas* and a *Timothy* (perhaps more than one!)

14. Be Patient: with everyone, and especially with ourselves- and the Lord. For He will either shield us from suffering, or give us the grace to bear it, and grow more virtuous, wise and holy through doing so. Be neither too elated with strengths or successes, nor too depressed/discouraged by weaknesses or failures (~St. Francis de Sales).